

SUPREP Preparation for a Colonoscopy

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

Five (5) Days before Procedure :

- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- Stop taking Anticoagulants or blood thinners, such as: Coumadin, Xarelto, Plavix, Pradaxa or Eliquis, if necessary we will request cardiac clearance.

Day before Procedure:

- Follow a clear liquid diet throughout the day. Items include: water, clear juices without pulp (clear apple juice), clear soda (ginger-ale, sprite 7up), chicken or beef broth, popsicles, Jell-O, tea, coffee, etc.
- If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.
- Avoid Food, dairy products, orange juice and dark colored liquids with red, purple and blue dye.
- Step 1: At **6 PM** pour **one** of the 6-ounce bottles of SUPREP into the mixing container provided in your prep kit.
- Step 2: Add cold water to the fill line of the 16-ounce container and mix.
- Step 3: Drink all of the liquid in the container.
- Step 4: **IMPORTANT** – You must drink two more 16-ounce containers of water over the next hour.
- At **10:00pm** repeat steps 1-4 above.
- YOU MAY CONTINUE WITH CLEAR LIQUIDS UNTIL MIDNIGHT.
- DO NOT DRINK ANYTHING **AFTER MIDNIGHT**.

Day of Procedure:

- Take any currently prescribed heart or blood pressure medications with a **sip** of water.
- Avoid taking any other prescribed medications/supplements until after procedures.
- If you are diabetic: To avoid dangerously low blood sugar, please do not take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- Plan on being at the facility for approximately 2 hours.
- **A driver must accompany you to the facility; they must stay in the facility the entire time of your procedure.**
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**

PROCEDURE DATE:

CHECK IN TIME:

LOCATION: _____ MEDICAL CITY PLANO HOSPITAL

3901 W. 15TH STREET-PLANO, TX 75075 (ENTER THRU ER ENTRANCE AND GO TO THE OUTPATIENT SURGERY DESK)

_____PRESTON CROSSING ENDOSCOPY CENTER

3500 PRESTON ROAD, SUITE 200-PLANO, TX 75093 (NEXT DOOR TO STACY FURNITURE)